

Saturday, October 24th 2009

CROSSFIT

KING OF PRUSSIA

presents our Grand
Opening Party and
Open House!

@ 200 DeKalb St.
Bridgeport Pa.19405
crossfitkop.com

October 24th
"Yack in the Box"
Games & Open House
for all Ages!!!

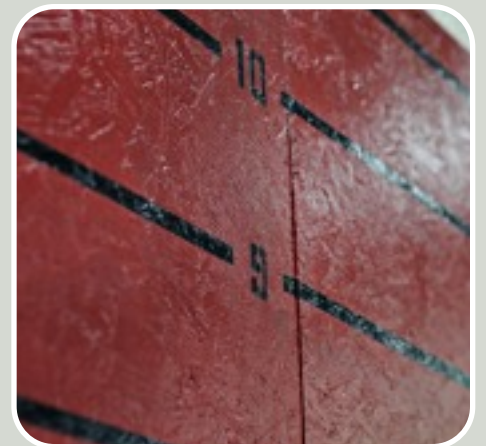


"YACK IN THE BOX" DETAILS:

A fun filled day with local CrossFitters, friends and family will include an individual couplet WOD, team competition, "carnival games", food, drinks and festivities throughout the day!

As many of you know, we have moved to a new and improved location. Now that we have officially opened our doors to the public, we wanted to celebrate with all of you. Whether or not you currently CrossFit, we encourage you to come out and enjoy the celebration. In addition to the "Yack in the Box" (YITB) WODs for both individuals and teams (**details on the following page**), we will have a family style cookout; complete with food, drinks, and games for kids of all ages. It is the perfect occasion to take a break from your errands or housework. Come have some fun and network with some great people from the tri-state area. Athletes who plan to

compete should arrive between 8:30 am and 9:30 am for registration; If you do not plan on working out and want to enjoy the festivities, the party will begin at 1:00pm. Cost for all adults not working out is \$10.00 a person and children under 10 are free. Athletes who are working out, your food and drinks are included in the \$10 WOD entree fee. If you have any questions, please contact us at crossfitkop@gmail.com, or 973.885.8728. Please check out our website www.crossfitkop.com or our blog www.aimeesfitnessblog.blogspot.com to learn more about CrossFit King of Prussia, our coaches and our athletes.



Counters and Judges are needed:
If you are willing to help count reps or judge fellow athletes please indicate so upon check in and arrive at 9:30AM!



Beer Pong Tournament

In true CrossFit King of Prussia fashion, we will be hosting a beer pong tournament which will begin at 1:00PM. Entry fee per "athlete" is \$5. All skill levels are welcome but there will be no scaling.



IMPORTANT "YACK IN THE BOX" TEAM COMPETITION AND INDIVIDUAL WOD INFO

Check-in for all athletes participating in the "Yack in the Box" Games will be from 8:30-9:30AM on Saturday October 24th. WOD heats will begin promptly at 10:00AM. ALL athletes will be required to sign a waiver upon arrival - NO exceptions! Attendees under 18 are allowed to participate but will need a parent or guardian to sign for them. To compete in either the individual WOD, team WOD, or both WODs the entry fee is \$10 per person, which also includes food and drinks after the WODs. At check in you will receive a wristband that must be worn all day. When you check in you must indicate the WOD or WODs that you will be participating in that day. If you do not have a team of 4 for the Team WOD, we will match you with other athletes for the Team WOD competition.

TEAM WOD- Team of 4, 2 athletes 'working' at once:

- 100 Burpees
- 200 Pull-ups
- 300 Squats
- 400 Kettlebell swings (35/55lbs).

THE INDIVIDUAL "YACK IN THE BOX" WOD:

THE "YITB" COUPLET WOD:

- 3 rounds for time of:
- 30 Wallball shots (20lbs, 10')
- 15 Clean and Jerks (115#)

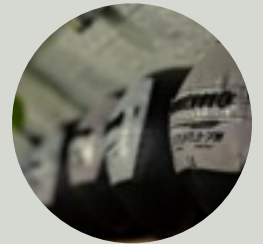
THE "YITB" LADIES COUPLET:

- 3 rounds for time of:
- 30 Wallball shots (14lbs, 9')
- 15 Clean and Jerks (75#)

THE "YITB" SCALED COUPLET:

- 3 rounds for time of:
- 30 Wallball shots (4/6/8lbs, 8')
- 15 Clean and Jerks (45#)

Standards will be announced at the beginning of the first heat.



THE CARNIVAL GAMES

TRY YOUR LUCK AND TRY NOT TO "YACK IN THE BOX"

MAX PULL-UPS

DOUBLE UNDERS IN A MINUTE

FASTEST 150M ROW TIME

MAX DEADLIFTS IN A MINUTE

AT 3PM THE WINNER OF EACH CARNIVAL GAME WILL

BE AWARDED WITH \$25 CASH PRIZE!!

Try your luck \$1 per try

Chin above the bar & full arm extension at the bottom. Any grip and kip is allowed but hands must remain on the bar. Max number wins!

Rope travels twice under the feet in one jump. Single jumps are allowed between reps. Highest number of reps in a minute wins!

Damper setting of your choice and the fastest time for 150M Row wins!

Deadlift weight-135/95# The bar must touch the ground after each rep & full hip extension must be achieved at the top of the ROM.